

ABBNEY HILL U.R.C. MAGAZINE



February
2024

Now these three continue . . .



Of these, the greatest is . . . 1 Cor 13:13

Life's Journey

Well, here we are at the start of 2024 and our first church magazine of the year so I will take the opportunity to wish all of our readers a very happy, healthy and peaceful new year.

January will have seen many of us making (and perhaps already breaking!) resolutions for the year. Holidays may be booked but I think that this is a good time to take stock of where we are on our spiritual journey and what part Abbey Hill plays for us in that journey.

Why do so many of us still go to church? We live in an age of consumer choices. In a busy world, people no longer do something unless it creates value for them. So there must be something valuable for those of us who make up the Abbey Hill fellowship and other folk who make up church membership up and down the land.

We are all on a journey through life. We have hopes and dreams and we're wondering, searching, looking, rejoicing and sorrowing.

In any journey we need 3 things to help us – **food, companions and a map**. Food gives us sustenance to keep going and energy to continue. Companions make the journey more interesting and enjoyable. And a map helps us to go in the right direction.

Here at Abbey Hill we can find all of these.

The **food** that gives us energy on our journey is our spiritual relationship with God. And Abbey Hill gives us **companions** – help and support from others who are sharing the journey through life. By sharing in spiritual activities and social activities we find the support and companionship of the church community in joyful and difficult times.

And being part of Abbey Hill gives us a **map**. We can check how we are getting on in our journey, whether we're on track and what we need to do to get back on course.

Thank you to all of my companions at Abbey Hill. If you are reading this and haven't visited us before why not make 2024 the year that you journey with us?

Shalom

Jane Woods-Scawen - Elder

CHURCH SERVICES FOR JANUARY 2024

- 7th Sunday** **11.00 Family Service led by George Jones.**
- 14th Sunday** **11.00 Family Service led by David Connelly**
- 21st Sunday** **11.00 Family Service with Communion led by George Jones.**
- 28th Sunday** **11.00 Family Service led by Chris Flood.**



CHURCH SERVICES FOR FEBRUARY 2024

- 4th Sunday** **11.00 Family Service led by George Jones.**
- 11th Sunday** **11.00 Family Service led by Val Whiteman**
- 18th Sunday** **11.00 Family Service with Communion led by George Jones.**
- 25th Sunday** **11.00 Family Healing Service led by Anne Holloway**

Home Bible Study Group

This group meets at Hilary Scott's house on Wednesday evenings – 7.30pm.
Contact Hilary for further details – 07749 836928/01926 859337

Treasurer's Report

I am preparing the accounts for the AGM in March and initial look at the figures shows that we have had a good year financially; with an excess of income over expenditure of about £4000.

The Carol Service (£191) and Christmas day service (£135) raised £326 which was shared between Leamington Night Shelter and Emmaus, Coventry.

The February Communion will be donated to Mind, a mental health charity.

David Connelly

Pintgether

You are all invited to join us for a relaxed and informal evening at The Green Man on Friday 23rd February from 7pm. It's an opportunity to meet up and chat, with the added benefit of a range of beverages available!

Anne and Fred Holloway

Don't forget those nestboxes!

On 14th February our annual National Nestbox Week begins.

Now an established part of the ornithological calendar, it aims to encourage people to help out the birds in their gardens each Spring.

Everyone is invited to put up more nestboxes in their local area, and a very helpful website gives full instructions on how to do this. More details at: <https://www.nestboxweek.com>

Regular events 2024

Event	Venue	Date	Time	Coordinators
Elders	Abbey Hill	1 st Wednesday every month	7.15 start	elders
Managers	Abbey Hill	2 nd Wednesday every month	7pm start	Ivan Pointon - manager's secretary
Coffee Pot	Abbey Hill	Every Thursday	9.30 to 11.30	Betty and David Connelly
Community Listening Exchange hosted by Coffee Pot	Abbey Hill	3rd Thursday every month	10.00	Ivan Pointon and Ed Watson
Repair cafe	Abbey Hill	Every 3rd Saturday	2 to 5pm	Kenilworth Repair Cafe

Dates For Your Diaries Feb 2024 for regular events see Feb 2024 separate table

Event	Venue	Date	Time	Coordinators
Theatre Trip: The Philadelphia Story	Talisman Theatre	Tuesday 6 th Feb	7 for 7.30 start	John Nichols
Lent Group	Abbey Hill	Starts Thurs 22 nd Feb	After coffee pot	George Jones and Elders
Pintogether	The Green Man	Friday 23 rd Feb	7pm	Anne and Fred Holloway
Music Evening -Will Pound Harmonica player	Abbey Hill	Saturday 2 nd March	7pm	Treehouse Bookshop and Kenilworth Arts Centre
Church Meeting and AGM	Abbey Hill	Wednesday 20 th March	TBA	George Jones and Elders

Church Calendar

Jan 21st	Church Meeting
Feb 13th	Shrove Tuesday
Feb 14th	Ash Wednesday
March 10 th	Mothering Sunday and Parade
March 20th	Church Meeting and AGM
March 29th	Good Friday
March 31st	Easter Day
June TBA	Church Meeting
Sept 29th	Harvest and Parade
September TBA	Church Meeting
Nov 10 th	Remembrance Sunday
December 22 nd	Carols by Candlelight

National Safeguarding Training

Please see below the URC Safeguarding Training Programme for 2024. The foundation level training is open to everyone in the church and if completed please save the certificate and let me know. Training is via Zoom.

Many thanks

Alison Crichton - Safeguarding Coordinator



Foundation Training can be accessed on the Learning Hub
bit.ly/3Tx1dm4



UK Wide Safeguarding Training 2024

Make your booking by emailing: Emma.Pearce@urc.org.uk

All training listed below will take place via Zoom

First date	Event	Second date
17 January, 2024 1:30pm	Domestic abuse	4 June, 2024 6:30pm
25 January 1:30pm	Safeguarding for Pastoral Workers and Elders supporting survivors	11 June 6:30pm
30 January 6:30pm	Modern slavery	8 October 1:30pm
31 January 1:30pm	Elders as Trustees	14 May 7:00pm
8 February 1:30pm	DDC Verifiers training and safer recruitment	23 May 6:30pm
27 February 6:30pm	Substance abuse	3 October 1:30pm
6 March 1:30pm	Refugees and asylum seekers	17 September 6:30pm
18 March 6:30pm	Safeguarding for Ministers supporting survivors	25 September 1:30pm
18 April 6:30pm	Adult safeguarding	15 October 1:30pm
8 May 1:30pm	Spiritual abuse	11 November 7:00pm
28 October 6:30pm	DDC Verifiers training and safer recruitment	4 December 10:00am
19 November 1:30pm	Online safety	

NEWS OF THE CHURCH FAMILY FOR FEBRUARY

FEBRUARY BIRTHDAYS.

A Happy Birthday to all of the following:-

February 1 st	Ruth Loutit
February 2 nd	Sue England
February 3 rd	Pat Cowan
February 7 th	Jane Inshaw & Alice Todd
February 12 th	Jon Atkinson & Susan Derwent
February 17 th	Gaynor Watkins & Alice Macadam
February 25 th	Charlotte Todd (9)

WEDDING ANNIVERSARIES.

Happy Wedding Anniversary to Alice & Peter Macadam on the 10th of February.

NEW ADDRESS

Winnie Tawil is now out of hospital and safely ensconced in Harpers Fields Care Home, Albany Lane, Balsall Common CV7 7SR. She is hoping to have a telephone in her room in the near future but in the meantime Harper Fields number is 01676531800.

She was looking really well when Kath and I visited recently, much more like her old self. Anyone wishing to visit should note that visiting is limited to 10.00 –12.00 and 2.00 – 4.00 and she is in room 58.

THINKING OF/UNWELL

We think particularly this month of Jo Warren and we continue to think of and pray for Winnie Tawil, Mavis Duckworth, Esme Thorpe Janet Turner Edna Dixon and many other friends whom we have not seen recently.

ITS ALL IN THE SPELLING

- G – God
- R – Ran
- A – Alongside
- C – Carrying
- E - Everyone

Please let Pat Cowan know either in person or on 01926 313904 of any Pastoral Care matters.

ROTAS – February 2024

	Transport	Flowers provided by	Flowers arranged by
04/02	John Nichols 07770 598598	Di Wilson	Di Wilson
11/02	Di Wilson 01926 857002	Lorraine Hall	Anne Gilmore
18/02	Colin Ritchie 01926 512507	George Jones	Ayse McKenzie
25/02	John Nichols 07770 598598	Esme Thorpe	Barbara Gillard
	Projector & Sound	Stewards	Readers
04/02	Bronwen	Hilary Scott & Gill Littleford BINS – Grey refuse	Colin Ritchie
11/02	David	Kath Shortley & Betty Connelly BINS – recycling	Jane Woods-Scawen
18/02	Alison	Anne & Fred Holloway	David Connelly
25/02	Ivan	Rosemary Lawrence & Donna Bloy BINS –recycling & Grey refuse	Donna Bloy
	Coffee	Car Park	Vestry
04/02	Kath Shortley & Cheryl Ritchie		Anne Holloway
11/02	Rosemary Lawrence & Suzanne Hall		Anne Gilmore
18/02	Susan Derwent & Mary Lea		Vivien Nichols
25/02	Alison Pointon & Hilary Scott		Kath Shortley
	Communion Prep.	Comm. Servers	
18/02	Pat Cowan & Kath Shortley		

ROTAS – March 2024

	Transport	Flowers provided by	Flowers arranged by
03/03	Di Wilson 01926 857002	Janet Turner	Heather Barton
10/03	Colin Ritchie 01926 512507	Anne Holloway	Anne Holloway
17/03	John Nichols 07770 598598	Ivan Pointon	Anne Gilmore
24/03	Di Wilson 01926 857002	Bronwen Todd	Bronwen Todd
31/03	Colin Ritchie 01926 512507	Rosemary Lawrence	Rosemary Lawrence
	Projector & Sound	Stewards	Readers
03/03	John	Phil Inshaw & Eileen John	Elinor Davies
10/03	Bronwen	Pat Cowan & Anne Gilmore BINS - Recycling	Fred Holloway
17/03	David	Jo & John Williams BINS – Grey Refuse	Rosemary Lawrence
24/03	Alison	John & Vivien Nichols BINS - Recycling	Ivan Pointon
31/03	Ivan	Di Wilson & Julia Graham	Anne Gilmore
	Coffee	Car Park	Vestry
03/03	Jane Woods – Scawen & John Thomas		John Nichols
10/03	Susan Derwent & Di Wilson		Colin Ritchie
17/03	Betty Connelly & Eileen John		Jane Woods- Scawen
24/03	Pat Cowan & Glynis Hobbins		Anne Holloway
31/03	Anne & Fred Holloway		Anne Gilmore
	Communion Prep.	Comm. Servers	
17/03	Jane Woods – Scawen & Donna Bloy		

Digital footprint

At a recent course I was at it was pointed out that if one uses a smart phone, tablet, or computer there is a digital footprint. So, what happens to that foot print?

These days much of it is stored in 'The Cloud' which enables access from which ever device is selected. Previously it was stored on the hard drive of the computer.

So, what is 'The Cloud'? It is actually a really vast number of very large warehouse storage facilities across the world, where all this electronical information is kept, retrievable at the touch of a button! While being stored, all of these storage units need to be kept cool, as they produce a lot of heat, and a great deal of electricity is needed to do this, producing an incredible amount of CO2!!!!

You can help the situation by reducing the amount of information/ photos/ films etc that you have down loaded or up loaded or just saved. Ask yourself just how much of what you have in the cloud is needed/ will be needed. Are thousands of photos necessary?

Because one can store items doesn't mean one should.....

Please consider the planet and reduce you contribution to 'The Cloud's' CO2 output.

Another point that was made is what happens to peoples digital footprint upon death. Do families know of the digital foot print, how to access it / close accounts/ memorialise Facebook accounts.

Food for thought!!!, I thought, on learning about all this. I have been taken aback to find that I have rather more photos stored than I was aware of, many of them duplicates. I have begun the task of deleting, deleting and deleting, photos along with a lot of defunct paperwork.

A Devices Spring Clean! A good clear out is always therapeutic! Give it a Go!!!

Anne Gilmore

‘Glorious the song when God’s the theme’: the *Nunc Dimittis*

St Luke tells us in his Gospel that the angels sang praises to God at the birth of Jesus, and he has given us three poems that have become part of Christian song: the *Magnificat*, the *Benedictus* and the *Nunc Dimittis*.

The first two are full of praise and rejoicing. The last comes as Mary and Joseph fulfil the Law of Moses and bring the child Jesus to Jerusalem. In the temple they meet Simeon and Anna. Simeon represents each of us who can look back over life with gratitude in the face of death as he says, ‘Lord, now lettest Thou thy servant depart in peace.’ It is a story that has inspired preachers and artists, and also composers.

In the Christian Church these words of the *Nunc Dimittis* have become part of worship at the end of each day, not just the end of life. Cathedral and parish church choirs have sung settings of these words in that great tradition of Anglican choral music at Evensong – settings that have captured the sense of quiet resignation, but also conveyed the glory of the light that is Jesus shining for all people. Rachmaninov’s setting is part of his Vespers, the night-long vigil sung in the Russian Orthodox Church on the eve of great feasts.

Rachmaninov composed the work (and it comprises 15 pieces) at great speed, but even so, the Vespers are now seen as one of the great masterpieces of religious music.

This was no more so than in his beautiful setting of the 5th canticle, the *Nunc Dimittis*. Just 36 bars long, it begins with a rocking, undulating figure in the upper voices. A solo tenor enters as the voice of Simeon, and it ends with the basses moving down to a low B flat: ‘a sigh of wonder and resignation on the threshold of eternal rest and peace,’ one critic has called it.

Rachmaninov later recalled, “After I played the passage at the end of the 5th canticle where the basses slowly descend to that low note, the conductor shook his head, saying, ‘Now where on earth will we find such basses? They are as rare as asparagus at Christmas!’ Nevertheless, he did find them.” It was one of the composer’s favourite pieces, and he asked for it to be sung at his funeral in the hope that it would send his ‘ship of death gently towards the unknown region.’”

On 2nd February we shall hear these words as part of the Gospel on the feast of Candlemas. Simeon prays them because his cup is now overflowing. He has looked on the salvation of God. Music allows us to look on that glory and salvation also, and Rachmaninov, in his moving setting, has captured the calm trust of that moment, which shines out like the brightness of the light of Jesus.

Life in a spin?

Many years ago, at the Pleasure Beach at Blackpool, there was a certain 'ride' or amusement that was strictly for the physically fit. It consisted of a flat wooden disc about 20 feet in diameter and set at an angle of 45 degrees in the floor. When it began to rotate, the aim was to get to the centre where there was a pole. As the disc rotated faster and faster, everyone who failed to get to the pole got flung off. These days no such amusement would be permitted under Health and Safety!

The principle of the ride was a basic law of physics. When any wheel rotates, the outer rim moves fastest of all. Half way to the centre and you are moving a lot more slowly. And, at least theoretically, at the absolute centre will be a point which is totally still. That's why anyone who reached that pole could stand there quite comfortably.

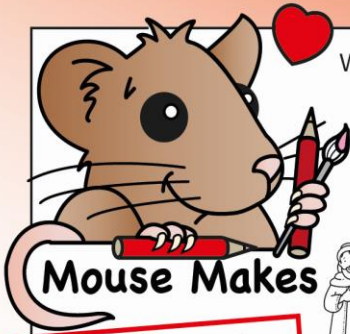
In a few weeks we will enter the Church's season of Lent. It's generally thought of as being a time for giving up chocolate, wine, whatever. But it's really a time to remind us that in our own rapidly spinning world, God is the still centre.

All around God is motion, sound, change and decay – galaxies circling, seasons and years rotating, life developing and decaying. And at the still centre, where there is no variableness, is God, the same yesterday, today and forever.

So for about seven weeks during the period of Lent, Christians worldwide will be thinking of God getting involved in a special way in the ever moving and changing life of the world. And one great characteristic of Jesus was His stillness. Busy, harassed, injured people found someone with neither clever chat nor idle gossip, neither vulgar boasting nor loud opinion. His life always seemed to rotate round a still central point, which gave Him balance and authority.

"Be still then and know that I am God" wrote the Psalmist. Lent is a time for us to try and do just that – to find the still centre of God in our own individual lives.

Of course, we're all of us very much in the world, and must live our lives in all of its busyness. But it may do none of us any harm to be a little more silent than we often are – quick to listen and slow to speak? And the more silent spaces we give ourselves, the more we'll give that still, small voice within each one of us the chance to be heard?



Mouse Makes

Who were the first couple?

_____ and _____

Genesis 2:22-25

Who's wife became a pillar of salt because she disobeyed the angel's warning?



Which of Laban's daughters did Jacob love?

Who was Moses' wife?

Who married Boaz to become King David's great-grandmother and a distant relative of Jesus?

Which couple helped the Apostle Paul in his ministry?

_____ and _____ Romans 16:3

FIND THE BIBLE VERSE

Change each letter in this bible verse to the letter **before** it in the alphabet.

XIBU HPE IBT
 KPJOFE UPHFUIFS,
 MFU OPU NBO
 TFQBSBUF.

NBSL
 UFO WFSTF
 OJOF

DID YOU KNOW?

King Solomon had **700** wives! They were princesses of royal birth and he loved them all, but his wives caused him to turn away from God

See 1 Kings 11:1-3

CONNECT THE BIBLE COUPLES

ADAM	ELIZABETH
ABRAHAM	MARY
ISAAC	HANNAH
JACOB	PRISCILLA
BOAZ	EVE
ZECHARIAH	RUTH
ELKANAH	REBEKAH
AQUILA	RACHEL
JOSEPH	SARAH

E E Z R E E L I Z A B E T H R
 S V Q S L R Z J I B O A D A M
 R E B E K A H O J R A O Q N O
 U I S A A C A S A A Z P R N S
 T H A Q N H Z E C H A R I A H
 H R U T A E V P O A I E B H I
 S A R A H L T H B M A R Y S D
 P R I S C I L L A Q U I L A

ABRAHAM
 ADAM • AQUILA
 BOAZ • ELKANAH
 ELIZABETH
 EVE • HANNAH
 ISAAC • JACOB
 JOSEPH • MARY
 PRISCILLA
 RACHEL
 REBEKAH • RUTH
 SARAH
 ZECHARIAH

Quotes

With Valentine's Day in mind....

Marriage requires falling in love many times – always with the same person. – Anon

Marriage is like twirling a baton, turning handsprings, or eating with chopsticks; it looks so easy till you try it. – Helen Rowland

What woman, however old, has not the bridal favours and raiment stowed away, and packed in lavender, in the inmost cupboards of her heart? – William M Thackeray

Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction. – Antoine De Saint-Exupery

Oh, if it be to choose and call thee mine, Love, thou art every day my Valentine! – Thomas Hood

Two heads are better than one. – Homer (Illiad)

The heart has its reason, which reason knows not, as we feel in a thousand instances. –Blaise Pascal

Miscellaneous observations on our life and faith...

The 'heart' in the biblical sense is not the inward life, but the whole man in relation to God. – Dietrich Bonhoeffer

Hatred and bitterness can never cure the disease of fear; only love can do that. Hatred paralyzes life; love releases it. Hatred confuses life; love harmonises it. Hatred darkens life; love illumines it. – Martin Luther King

Greed is a bottomless pit which exhausts the person in an endless effort to satisfy the need without ever reaching satisfaction. – Erich Fromm

We are always glad when a great man reassures us of his humanity by possessing a few peculiarities. – Andre Maurois

The grave itself is but a covered bridge, leading from light to light, through a brief darkness. – Longfellow

**COULD ANY ARTICLES/NOTICES FOR THE
MARCH 2024 MAGAZINE PLEASE BE SENT TO ME BY
SUNDAY 18th FEBRUARY 2024
PLEASE 😊? (e-mail to m.todd1@hotmail.com)**

A COLD WINTER MORN

I awoke from my slumber, one frosty morn,
And glanced through the window, down onto the lawn,
'Twas covered in blankets, so lush and so white,
A result of the snow, that fell during the night.

Long gone the Summer's, bright shades of green,
Replaced by another spectacular scene,
One that was picked, from a picture card,
Though for some the Winter, can fall so hard.

From a nearby tree, I could so hear,
A beautiful sound, so crystal clear,
It was then that I saw, that solitary bird,
The song of a Robin, is what I had heard.

I looked up at the sky, so dull and grey,
No birds were flying, up there that day,
For they had all flown, to a warmer clime,
To escape the chills, of Wintertime.

Pete Warren



REPAIR CAFE
KENILWORTH



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REPAIR CAFE



Repair Café Kenilworth

Repair Café Kenilworth (ReCK) is a free meeting space that's all about repairing things together, be that clothes, toys, furniture, electrical appliances, bicycles ... there's very little that can't be repaired by our team of expert volunteers.

We meet at the United Reformed Church every third Saturday in the month, between 2PM and 5PM. There is free parking outside the Church, but it can get quite busy. If your item is particularly heavy or large, we'll always try to assist you as best as possible.



Sustainable. Social. Economic. Fun.

A local Repair Café is a not-for-profit community event, created by neighbours, for their neighbours. The aim of the Repair Café Kenilworth (and those worldwide) is to reduce waste, increase sustainability, save money, and have fun in an informal social gathering.

Oh ... with lots of tea and cake on tap also. It is a Repair CAFE after all.

Bin it? No Way!

Some things have to be thrown away ... the old toothbrush with curly bristles, that blown light bulb that's been sitting inside the cupboard since 1983, the fish 'n' chip wrappers from last night's tea ... but what about that broken bedside lamp, or the rickety wooden stool that belonged to your grandparents?



The Repair Café movement has one simple question, and an even simpler answer; Bin it? No Way!

Along with actually repairing your broken items, we'll help you to develop the skills to start repairing them yourself, to promote the culture of repair over replace, and to give you the satisfaction of bringing your treasured memories back to life.

Further details

[Repair Cafe](#) | [Repair Cafe Kenilworth](#) | [Kenilworth \(repaircafe-kenilworth.org\)](#)

The third Saturday afternoon of the month at Abbey Hill Church 2pm-5pm.

RECYCLE FOR KENILWORTH

07983 338708

We RECYCLE PLASTICS that CANNOT be recycled with Council Kerbside collection and Supermarkets. We CAN also take your Supermarket PLASTIC RECYCLABLES. Without YOUR HELP, these items will end up INCINERATED or in LANDFILL.



Please ensure contents are DRY and FREE OF FOOD RESIDUE!

WE NEED:

PERSONAL CARE - Plastic toothbrush, Electric toothbrush heads & tooth nozzles; Plastic floss sticks & interdental brushes; empty Dental floss containers; Toothpaste tubes & caps. Handwash pumps **WITH BOTTLES**;
WRITING INSTRUMENTS - Pens, Plastic pencils, Highlighters, Marker pens, Plastic ink pens; Correction fluid bottles, pens & pocket mouse. Inkjet cartridges and wrappers;
HOUSEHOLD - Flash® floor wipes (PLEASE ENSURE THEY ARE DRY) and Dust wipes; Marigold® plastic wrappers and all types of Marigold® gloves; Small broken toys and games from all brands in plastic, metal, wood, cardboard or paper. Tinted rigid plastic tubs, bottles & caps (not transparent); Plastic air-freshener containers, cartridge, caps & car air freshener; Flexible plastic pouches for washing capsules, pods & dishwasher tablets; Plastic bottle & tub sleeves; dishwasher salt packets. Disposable gloves (polyethylene, latex, vinyl, nitrile) used for household cleaning and gardening;
FOOD AND NON-FOOD - Food storage containers and reusable bottles; Ferrero Rocher® packings and wrappers **EXCEPT PAPER CUPS AND CARD INSERTS**; Wax Bread wrappers; Crisps and Snack (nuts; popcorn; pretzels) packets; Confectionery, Biscuit & Cake wrappers. Cheese wrappers. Babybel® all packaging; Bread and bakery goods plastic bags. Coffee bags and bean pouches.
MAKE UP - Flexible plastic packaging for cleansing wipes; Face compacts, tubes; plastic pots; sticks; plastic eye and brow pens, compacts mascara & wands; Dispenser caps, pumps, and trigger spray tops; Plastic roll-on; Lipsticks, lip glosses & lip balms.

WE WELCOME:

FOOD FLEXIBLE PLASTICS - Cereal, Rice & Dry food bags; Peeblee film lids & Frozen food bags; Fruit, Vegetable, Salad bags & Flower wrapping; Multipack film wrap, Clingfilm; Sleeves on bottles.
FOOD AND NON-FOOD POUCHES & SACHETS (PLEASE RINSE WITH WATER AND DRY) - Confectionery, Homecare, Sauce pouches; Baby food pouches; Microwave food pouches; Toilettries refill pouches, packers & sachets. Pet food Pouches, and Handwash refill pouches.
NON-FOOD FLEXIBLE PLASTICS - Carrier bags. Clothing bags. Bubble wrap. Magazine and Newspaper wrappers; Toilet roll & Kitchen roll wrapping.
OTHER - Soft Disposable Contact Lens; Contact lens blister packaging & roll from contact lens blister packaging. Pringles tubes. Empty Medicine Blisters. Razors and blades.

THANK YOU FOR YOUR SUPPORT!

May: 07983 338708

RECYCLE FOR KENILWORTH – Dalehouse

07486 601399

Hello Neighbours,

My name is Sheila, I am passionate about keeping plastics out of landfill and incinerators. I am part of Plastic Free Kenilworth and have joined May and Faryl to collect, sort and send off hard-to-recycle plastics to the right places to be recycled. Please text me for more details and to arrange for a collection in the Dalehouse area.

Check out our YouTube channel for tips and ideas!

<https://www.youtube.com/watch?v=VfWQzPpUmk&list=PL3>

Or scan our QR code to see all our videos:

Like, Share and Subscribe. Press the bell for notifications when we upload new content!



HOW IT WORKS

1. FILL your own bag
2. Staple/tape/fit the bag CLOSE
3. Include a **MINIMUM £1 DONATION PER BAG** on the outside of the bag
4. Text your area collection for **COLLECTION** (or arrange a **DROP OFF**)
5. Encourage your friends and relatives to **JOIN IN** – Please note that we only collect around Kenilworth.

WHAT HAPPENS TO YOUR WASTE

We will collect (or accept pre-arranged drop off) the wastes, and quarantine them before sorting and sending to appropriate recycling facilities. The wastes will be recycled to become plastic packaging and/or furniture.

WHERE DO THE RUNNING COSTS COME FROM

May Lau contributes ALL NECESSARY collection bags and boxes, printing, and administration time. We all dedicate our time and efforts to collect and sort and send off the wastes.

HOW ARE YOUR DONATIONS USED

Your donations (IN WHOLE) go to the Kenilworth Centre. It takes a high quantity of each waste type before attracting any pay out from the recycling companies. Where recycling scheme pays points, they are converted to cash and paid to the Kenilworth Centre. Where recycling scheme pays out cash, the cash is transferred by BACS to the Kenilworth Centre Bank account.

The Kenilworth Centre supports ALL ASPECTS of the Kenilworth Community. In particular supporting the Mental Health of Children and Youths in Kenilworth.

HOW IS IT FOR

YOU who wants to **HELP THE ENVIRONMENT** by diverting hard-to-recycle waste to be properly recycled. YOU who wants to **SAVE MONEY ON PETROL AND TIME** on trips to recycling centres.
YOU who wants to help earn funds to **GIVE BACK TO THE KENILWORTH LOCAL COMMUNITY**.

I LOOK FORWARD TO HEARING FROM YOU!

Sheila: 07486 601399

Why tea is “the drink of getting things done”

The drinking of tea has found an unexpected new champion: James May, the former Top Gear presenter.

Speaking recently on Radio 4, James May said: “I’m just worried that the cult of coffee is going to destroy tea. And I don’t like coffee, it is just rubbish. I like tea.” He added: “Tea is the drink of getting things done.”

How did tea get so embedded in UK culture? Food historian Polly Russell says the answer lies in the Industrial Revolution of the mid-18th century. “Tea became less expensive and at the same time you had agricultural wages slumping, and agricultural workers literally not able to buy food, to buy fuel, or to afford a hot meal. So, tea became a way of having something hot and restorative – often with sugar – and that habit then also translated into the urban, as the industrial revolution expanded into our cities.”

And so it was that “tea became absolutely central to the diet of the working poor.” And this provided the basis for the idea “that tea and sugar were fuelling the industrial nation.”

James May argues that tea drinking is still fundamental to “bringing everyone together and ensuring happiness as well as productivity.”

He believes: “Tea in the British workplace is more than a drink, it’s a social glue. Britain is falling apart because we don’t drink enough tea.”

Sorry! But now that the Christmas festivities are well and truly over.....

A recent mass survey across England has found that the average woman has added almost three inches to their waistlines over the last three decade and now has a waist span of 35 inches. That is up from an average of just over 32 inches in the 1990s. A ‘very high waist circumference’ is defined as being 34.6in or above.

Male waistlines have also continued to grow, but at a slower rate. 36 per cent of men are now classed as having a ‘very high waist circumference’ – which is 40in (102cm) or above. In the Nineties, just 20 per cent of men were this big.

The data comes from the Health Survey of England carried out in 2019, when waistlines were last measured. Tam Fry, from the National Obesity Forum, said: “The figures are alarming – too many of us are eating as though it is Christmas every day.”

Draft guidance from the National Institute for Health and Care Excellence (NICE) urges everyone to regularly measure their waistline. It should be less than half their height.

A recent study by the University of Oxford has found that every extra inch on the waistline increases the risk of heart failure by 11 per cent.

All in the month of February

150 years ago, on 15th Feb 1874 that Sir Ernest Shackleton was born. This Irish-born British polar explorer was one of the leading explorers during the Heroic Age of Antarctic Exploration. He led three British expeditions to the Antarctic.

100 years ago, on 5th Feb 1924 that BBC Radio broadcast the 'six-pips' Greenwich Time Signal for the first time.

Also 100 years ago, on 12th Feb 1924 that George Gershwin's *Rhapsody in Blue* was performed for the first time, in New York.

90 years ago, on 23rd Feb 1934 that Edward Elgar, the British composer, died.

75 years ago, on 22nd Feb 1949 that Niki Lauda, Austrian racing driver was born. He was Formula One World Champion in 1975, 1977 and 1984. He was severely injured and burnt in a crash at the 1976 German Grand Prix. (Died 2019.)

70 years ago, on 23rd Feb 1954 that the first field test of the polio vaccine began in Pittsburgh. It grew into a year-long national trial involving 1.8 million children.

65 years ago, 3rd Feb 1959, became 'the day the music died', when American rock-and-roll performers Buddy Holly, Ritchie Valens and The Big Bopper were killed in a plane crash in Iowa.

60 years ago, on 7th Feb 1964 that the Beatles arrived in New York for their first US tour. They were met by thousands of screaming fans.

50 years ago, on 7th Feb 1974 that Conservative Prime Minister Edward Heath called a snap general election following the miners' strike and three-day week. It resulted in a hung parliament, and the Labour leader, Harold Wilson, became Prime Minister.

40 years ago, on 14th Feb 1984 that figure skaters Jayne Torvill and Christopher Dean won the gold medal in ice-skating at the Winter Olympics in Sarajevo. They scored the first perfect 6.0 in Olympic history.

25 years ago, on 1st Feb 1999 that the International Maritime Organisation stopped using the Morse code 'SOS' distress call. All sea-going vessels were required to have a Global Maritime Distress and Safety System (GMDSS) fitted by this date.

20 years ago, on 4th Feb 2004 that Facebook, the social media networking platform, was launched.

15 years ago, on 7th Feb 2009 that the Black Saturday bushfires took place in Australia. The worst in Australia's history, they destroyed 1.1 million acres of land, killed 173 people, injured 414, and burned down more than 3,500 buildings, including 2,000 houses.



With Valentine's Day in mind...

Romance, love, marriage and all that stuff –
the way children see it....

How do you decide who to marry?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the crisps and dip coming.

- Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. -

Kirsten, age 10

What is the right age to get married?

23 is the best age because you know the person FOREVER by then. - Camille, age 10

No age is good to get married at. You got to be a fool to get married. - Freddie, age 6

How can a stranger tell if two people are married?

You might have to guess, based on whether they seem to be yelling at the same kids.

- Derrick, age 8

What do you think your mum and dad have in common?

Both don't want any more kids. - Lori, age 8

What do most people do on a date?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say, if you listen long enough. - Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. - Martin, age 10

What would you do on a first date that was turning sour?

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. - Craig, age 9

When is it okay to kiss someone?

When they're rich. - Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. - Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. - Howard, age 8

Is it better to be single or married?

I don't know which is better, but I'll tell you one thing. I'm never going to have sex with my wife. I don't want to be all grossed out. - Theodore, age 8

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

- Anita, age 9

How would the world be different if people did not get married?

There sure would be a lot of kids to explain, wouldn't there? - Kelvin, age 8

How would you make a marriage work?

Tell your wife that she looks pretty, even if she looks like a lorry. - Ricky, age 10

Sometimes women are overly suspicious of their husbands. ..

When Adam stayed out very late for a few nights, Eve became upset. "You're running around with other women," she charged.

"You're being unreasonable," Adam responded. "You're the only woman on earth." The quarrel continued until Adam fell asleep, only to be awakened by someone poking him in the chest. It was Eve. "What do you think you're doing?" Adam demanded.

"Counting your ribs," said Eve.

Family

Last night our wifi stopped working, so I had to spend a few hours with my family. They seem like good people.

PRAYER DIARY FEBRUARY 2024

1 st	Donna and Darren Hall and Emelia
2 nd	Laraine Hall
3 rd	Madeline Hamper
4 th	Glenys Hobbins
5 th	Anne and Fred Holloway
6 th	Haro and Donald Horsefield
7 th	Jane and Phil Inshaw
8 th	Jennifer Jackson and Robert Banks
9 th	Eileen John and Leon
10 th	Emilie Jones
11 th	George Jones
12 th	Robert Kerr
13 th	Rosemary and Gerald Lawrence
14 th	Mary Lee
15 th	Gill and David Littleford
16 th	Ruth and Robin Loutit
17 th	Alice McAdam
18 th	John & Ayse McKenzie, Iain, Layla and Scott
19 th	Mhari McLintock and Hugh Maccallum
20 th	Roz Morris
21 st	Pam Muckersie
22 nd	Vivien and John Nichols
23 rd	Alison and Ivan Pointon
24 th	Cheryl and Colin Ritchie
25 th	Hilary Scott
26 th	Pat Scott
27 th	Kath Shortley
28 th	Mary Skidmore

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